



**HOUSE OF SUNSHINE**

ESTABLISHED 1977

# Beverly Nicholson's 90 Day Colon Cleanse

Take 2 to 3 **Lower Bowel Stimulator** three times per day for a couple of days to get the bowels moving. On the third day continue the Lower Bowel Stimulator and start taking your drink in the morning on an empty stomach and at night a few hours after you have eaten. The drink consists of:

2 Tbsp **Liquid Chlorophyll**

2 Tbsp **Hydrated Bentonite**

1 Tbsp **Psyllium Hulls Combination** - mixed in 4 ounces of purified water and 4 ounces of natural juice such as apple juice. Mix together in a shaker and drink right away before the Psyllium Combination gets thick.

Drink plenty of water while doing the program and eat lots of fresh fruit and vegetables. No refined foods, dairy products, or red meat on this program. Meats should be chicken, turkey, or fish.

Do this for ninety days then take **Bifidophilus** for a month after you finish the cleanse. She suggests that people take **Super Supplemental Vitamins** along with this program.

Some people put the **Ionic Minerals w/ Acai** in the drink and say that it helped keep the Psyllium from getting so thick.

Beverly has used this to help with serious illnesses including Lupus, skin problems, fibroids, and other problems. This is the first thing she does with ALL of her clients.